

Basic Needs Inventory for You

RATING 0-UNMET; 5-FULLY MET							REFLECTIONS
Essentials	0	1	2	3	4	5	
Safety	0	1	2	3	4	5	
Belonging	0	1	2	3	4	5	
Purpose	0	1	2	3	4	5	

Basic Needs Inventory for a Child

RATING 0-UNMET; 5-FULLY MET							REFLECTIONS
Essentials	0	1	2	3	4	5	
Safety	0	1	2	3	4	5	
Belonging	0	1	2	3	4	5	
Purpose	0	1	2	3	4	5	
Play	0	1	2	3	4	5	
Downtime	0	1	2	3	4	5	
Exploration	0	1	2	3	4	5	
Community	0	1	2	3	4	5	